



Heart Disease and Stroke Prevention for Worksite Wellness



Kentucky Public Health
Prevent. Promote. Protect.

What is Kentucky Heart Disease and Stroke Prevention Program?

Through prevention the Kentucky Heart Disease and Stroke Prevention Program (KHDSPP) strives to reduce the rates of death and disability due to heart disease and stroke. The program works to promote heart healthy interventions such as smoking cessation, physical activity, healthy eating, and prevention. The term “heart disease” refers to several types of heart conditions. The most common type is coronary artery disease, which can cause heart attack.

Prevention efforts also include the promotion of blood pressure reporting and initiation of activities that promote clinical innovations, team-based care, and self-monitoring of blood pressure.

Why is Heart Disease and Stroke Prevention Important?

- 1 in 4 deaths in Kentucky are the result of heart disease or stroke.
 - Heart disease is the leading cause of death in the Kentucky - more than 10,000 Kentuckians die of heart disease each year.
 - Stroke is the 5th leading cause of death in the Kentucky - more than 2,000 Kentuckians die of stroke each year.
- Heart disease can develop at any age without noticeable symptoms.
 - Smoking, eating an unhealthy diet, and not getting enough exercise increase your risk for heart disease.
 - Having high cholesterol, high blood pressure, or diabetes also increases your risk.
- In 2016, heart disease and stroke cost Americans approximately \$555 billion including medical costs, health insurance coverage, and lost productivity due to work absences.

Strategies to Prevent Heart Disease and Stroke

Promote Awareness

- Know Your Numbers
 - Provide regular blood pressure readings and educational encounters to promote lifestyles changes with the “CARE Collaborative” program. Email [Lonna Boisseau](#) for more information.
- Know the Signs of Stroke
 - Display the “[Spot a Stroke F.A.S.T.](#)” poster throughout the worksite and share via email and with paychecks.
- Know the Signs of Heart Attack
 - Display the “[Common Heart Attack Warning Signs](#)” poster throughout the worksite and share via email and with paychecks.
- Wear Red
 - [National Wear Red Day](#) occurs annually on the 1st Friday in February. Promote and encourage all staff, employees, and family to wear red for awareness and learn the signs of heart disease.

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Support Behavioral Change

- Get Moving
 - Host a Walking Step Challenge and encourage all staff and employees to participate. Use the [National Walking Day How-To Guide](#) from American Heart Association to plan your event.
- Self-Monitoring Blood Pressure (SMBP)
 - Promote and encourage all employees to take ownership of their health by tracking their blood pressure. Learn how by visiting the American Heart Association's [Monitoring Your Blood Pressure at Home](#) webpage.
- Weight Control
 - Host a program like the example described in Kaiser Permanente's [Maintain Don't Gain Toolkit](#) and help your employees maintain their best health from Halloween to New Year's Day.

Implement Policy Change

- Healthy Food and Beverages
 - Use the guide from the AHA, [Healthy Workplace Food and Beverage](#), to create a healthy work environment and promote a healthy lifestyle for your employees.
- Tobacco Free
 - Adopt a worksite Tobacco-Free Policy; use the American Lung Association's [Sample Tobacco-free Workplace Policy](#) to get started.
- Physical Activity
 - Implement one of the example policies found in BlueCross BlueShield of Minnesota's [Policies that encourage physical activity](#).

Contact KHDSP

Phone: (502) 564-7996 ext. 4400

Email: khdsp@ky.gov

Webpage: <https://chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/heart-disease-stroke.aspx>

To assess your organization's full health promotion program, identify gaps, and prioritize high-impact strategies that promote employee health and well-being download the January 2019 version of the [Worksite Health ScoreCard](#) from the [Centers for Disease Control and Prevention](#).